



## Dijon-Corn Bread Stuffed Chicken

 Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



2784 kcal

SIDE DISH

### Ingredients

- 3.5 lb broiler-fryer chicken
- 0.3 cup grey poupon country dijon mustard divided
- 2 cups mushrooms fresh sliced
- 0.3 cup butter divided
- 6 oz stove top cornbread stuffing mix
- 1.3 tsp thyme leaves dried divided
- 1.5 cups water

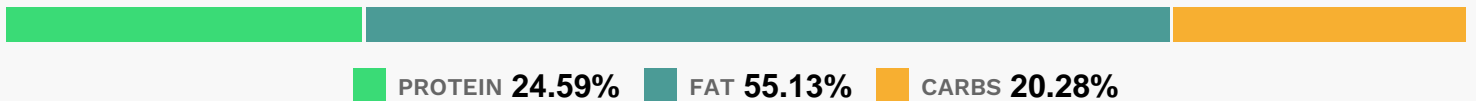
### Equipment

- sauce pan
- oven
- wire rack
- roasting pan
- aluminum foil

## Directions

- Heat oven to 375F.
- Cook and stir mushrooms in 2 Tbsp. margarine in medium saucepan on medium-high heat 2 min. or until tender. Stir in water, 3 Tbsp. mustard and 1/4 tsp. thyme. Bring to boil.
- Remove from heat. Stir in stuffing mix; spoon loosely into body cavity of chicken. Tie legs to tail. Twist wing tips under back.
- Place chicken, breast-side up, on wire rack in shallow roasting pan. Melt remaining margarine; mix with remaining mustard and thyme.
- Brush over chicken; cover loosely with foil.
- Bake 1 hour 45 min. or until chicken is done (165F), removing foil for the last 45 min.
- Let stand 10 min. before carving.

## Nutrition Facts



## Properties

Glycemic Index:109, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:66.034347948821%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

## Nutrients (% of daily need)

Calories: 2784.21kcal (139.21%), Fat: 169g (260%), Saturated Fat: 44.02g (275.1%), Carbohydrates: 139.93g (46.64%), Net Carbohydrates: 129.75g (47.18%), Sugar: 18.75g (20.84%), Cholesterol: 573.23mg (191.08%), Sodium: 4170.63mg (181.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 169.59g (339.19%), Vitamin B3: 68.95mg (344.73%), Selenium: 230.4µg (329.14%), Phosphorus: 1606.49mg (160.65%), Vitamin B6: 3.18mg (158.84%),

Vitamin B2: 2.44mg (143.55%), Vitamin B1: 1.75mg (116.69%), Vitamin B5: 10.72mg (107.24%), Folate: 369.5µg (92.38%), Zinc: 13.02mg (86.77%), Iron: 15.46mg (85.91%), Manganese: 1.52mg (76.11%), Copper: 1.49mg (74.48%), Potassium: 2592.55mg (74.07%), Magnesium: 274.46mg (68.61%), Vitamin A: 3191.91IU (63.84%), Vitamin B12: 2.53µg (42.16%), Fiber: 10.18g (40.72%), Vitamin E: 4.93mg (32.86%), Calcium: 325.52mg (32.55%), Vitamin C: 18.19mg (22.05%), Vitamin K: 14.24µg (13.56%), Vitamin D: 1.91µg (12.72%)